

Chronic Disease Self-management Program

The Chronic Disease Self-Management Program (CDSMP) was developed at Stanford University Patient Education Research Center as a collaborative research project between Stanford and the Northern California Kaiser Permanente Medical Care Program. The primary developers of the program are Kate Lorig, DrPH, Virginia González, MPH, and Diana Laurent, MPH, all of whom are at Stanford. Several assumptions underlie the CDSMP:

- People with chronic conditions have similar concerns and problems.
- People with chronic conditions must deal not only with their disease(s), but also with the impact these have on their lives and emotions.
- Lay people with chronic conditions, when given a detailed leaders manual, can teach the CDSMP as effectively, if not more effectively, than health professionals.
- The process or way the CDSMP is taught is as important, if not more important, than the subject matter that is taught.

In a five-year research project, the CDSMP was evaluated in a randomized study involving more than 1000 subjects. This study found that people who took the program, when compared to people who did not take the program, improved their healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians), improved their health status (self-reported health, fatigue, disability, social/role activities, and health distress), and decreased their days in the hospital.

Topics Covered:

- Overview of self-management and chronic health conditions
- Making an action plan
- Using your mind to manage symptoms
- Feedback/problem-solving
- Difficult Emotions
- Fitness/exercise
- Better breathing
- Pain
- Fatigue
- Nutrition
- Future plans for health care
- Communication
- Medications
- Making treatment decisions
- Depression
- Working with your health care professional
- Working with the health care system
- Future plans